

Help,
Health,
Fellowship..



January 2015

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov/council-on-aging>

Director: Lori Dance

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • Department Assistant: Diane Pascucci

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis

*** Winter Weather Policies ***

If the Bedford Public Schools are closed or delayed due to weather, the Senior Center will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT should call the BLT about the status of their rides. Medical appointments through the Wheels of Life program will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.

FREE Tax Assistance

The Council on Aging will again be offering FREE income tax preparation beginning February 9th and will accept appointments until April 9th. Volunteers certified under the AARP Tax Aide Program will prepare your simple Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers with special attention to those over age 60. Call the COA at (781) 275-6825 to schedule a confidential appointment. Saturday appointments are also available by calling the Bedford Public Library at 781-275-9440.

January is National Oatmeal Month!



In January of each year, after the holiday season has passed... and as low temperatures set in across the country, our country recognizes oatmeal for its nutritional value in what is known as National Oatmeal Month. Join us on **Thursday, January 15 at 8:30 AM** to enjoy a bowl of oatmeal with all your favorite toppings! Improve dietary health through the consumption of oatmeal and learn about the many health benefits that contribute to a healthier life! Please call to sign up as space is limited!

SATURDAYS AT THE COA

We are open 12 - 4 PM!

12:30 Beginner's Italian

1:00 Bridge, cards, pool

1:15 Movie (See page 3 for more details!)

Holiday Closings

The Council on Aging
will be closed on
**Thursday January 1 and
Monday January 19.**

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❀ JUST FOR FUN ❀

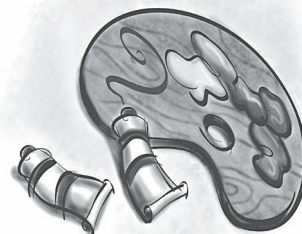
Paint Happy with Let's Gogh Art!

Thursdays Beginning January 15 at 12:30

Here's a fun, informative and interesting class that will give you a chance to experiment with different painting techniques on a variety of surfaces! You'll tap your inner artist, while also putting a smile on your face. During the 8 week session, you'll enjoy 8 different painting art-ventures that includes: silk paints, acrylic, watercolor pencils, heat press paints, glass paints, fabric paints and more. We look forward to creating some happy with you! This class is offered at the Bedford COA on Thursdays, January 15-March 12 (no class Feb. 19).

\$96- 8 weeks. Please sign up by Tuesday January 13.

"I dream of painting and then I paint my dream." -Vincent van Gogh



Name That Tune!

Becoming a monthly favorite at the Council on Aging, Laura Blair from Concord Health Care, will be back to present an afternoon of music and fun on **Monday January 26 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.



Breakfast and BINGO Tuesday, January 20

Lisa Honka is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

Celebrate National Soup Month at the Bedford COA!

Enjoy a Lunch Sponsored by
Atria Longmeadow Place

Tuesday January 13 11:30 AM

Please RSVP by calling the Council on Aging
at 781-275-6825 by January 9.

Brightview Luncheon

Thursday January 29 at 11:30 AM

Sponsored by Brightview Concord River at the
Bedford Council on Aging Call (781)275-6825 by
January 26 to reserve your spot!

Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3



Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.



Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM



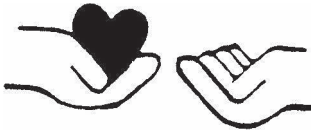
January 3 *Fort McCoy (2014)* R Based on a true story, this poignant drama is about a barber (Eric Stoltz) and his wife (Kate Connor) living next to a German POW camp in Wisconsin during World War II, but war still finds its victims even thousands of miles from the battlefields.

January 10 *Frontera (2014)* PG-13 A former Arizona sheriff's wife is killed while riding on their ranch property. It would appear a Mexican man illegally crossing into the US is at fault. As the former and the current sheriff search for answers, lives are changed forever. (Ed Harris, Eva Longoria, Michael Peña)

January 17 *Jersey Boys (2014)* Adapted from the hit Broadway musical and directed by Clint Eastwood, this nostalgic look at the Four Seasons and their bumpy offstage lives stretches across four decades. Each of the musical act's four original members presents a different set of memories from their shared past.

January 24 *Magic in the Moonlight (2014)* PG-13 Exposing a phony soothsayer proves harder than expected when the debunker (an Englishman) becomes smitten with the purported fraud (a French beauty). This deft romantic comedy unwinds amid the guilt and glamour of the French Riviera in the 1920s.

January 31 *Calvary (2014)* R An anonymous man comes to Father James (Brendan Gleeson) in confession and vows to kill him in one week, simply because the priest is himself a good man. The father spends the week contemplating good and evil, viewing his small Irish community with new eyes.



Thank You For Your Generosity!

Once again the seniors of Bedford displayed their holiday generosity with an abundance of grocery and pharmacy gift cards for our "Giving Hands" table. These cards were distributed within the Bedford community to assist fellow seniors in need. The Council on Aging will be accepting gift card donations throughout the winter season if you would still like to contribute.

Friends of the Bedford Council on Aging Next Meeting: Tuesday, January 13 at 1:00 PM

FBCOA Annual Membership Dues 2014—2015

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____

(Tax deductible contributions gratefully accepted)

NAME _____

ADDRESS _____

TOWN/ZIP CODE _____

EMAIL: _____

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

Fix It Shop is Open for Business!

Regular hours are Tuesdays and Wednesdays from 9:00 AM - Noon. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix it Shop volunteers can do just about any job!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

Mondays classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5.00/day

BONING UP ON OSTEOPOROSIS!

Beverley J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 1:00 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. . Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

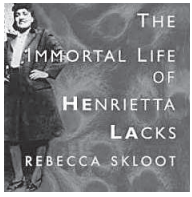
ZUMBA GOLD: Perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session (Tuesdays at 4:00 PM w/Vera)

Drop in rate for the above classes is \$10 per day

Tap Dancing Returns!

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for **10 weeks** and the cost is \$65.00 Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes!

Pre-registration is required for all classes. Please let us know if you have any questions.



Library Book Discussion: Tuesday January 27, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. The first immortal human cells, code-named HeLa, have flourished by the trillions in labs all around the world for more than five decades, making possible the polio vaccine, chemotherapy, and many more crucial discoveries. But where did the HeLa cells come from? Science journalist Skloot spent 10 years arduously researching the complex, tragic, and profoundly revealing story of Henrietta Lacks, a 31-year-old African American mother of five who came to Johns Hopkins with cervical cancer in 1951, and from whom tumor samples were taken without her knowledge or that of her family. Henrietta died a cruel death and was all but forgotten, while her miraculous cells live on, growing with mythological intensity. Skloot travels to tiny Clover, Virginia; learns that Henrietta's family tree embraces black and white branches; becomes close to Henrietta's daughter, Deborah; and discovers that although the HeLa cells have improved countless lives, they have also engendered a legacy of pain, a litany of injustices, and a constellation of mysteries. Writing with a novelist's artistry, a biologist's expertise, and the zeal of an investigative reporter, Skloot tells a truly astonishing story of racism and poverty, science and conscience, spirituality and family driven by a galvanizing inquiry into the sanctity of the body and the very nature of the life force.

Tips for Safe Snow Shoveling

With winter now upon us, and snow covering many regions of the United States, millions of people are shoveling snow to clear their sidewalks and driveways. While most people recognize that snow shoveling is very hard work, and can put severe stress on your heart, fewer people recognize the stress and strain that it places on your back.

- **Tip # 1.** If you experience pain of any kind, stop immediately and seek assistance.
- **Tip # 2.** Choose a snow shovel that is right for you!
 - * Be sure that your shovel has a curved handle, as this enables you to keep your back straighter when shoveling.
 - * Obtain a shovel with an appropriate length handle. The length is correct when you can slightly bend your knees, flex your back 10 degrees or less, and hold the shovel comfortably in your hands at the start of the "shoveling stroke".
 - * A plastic shovel blade will generally be lighter than a metal one, thus putting less strain on your spine.
 - * Sometimes, a smaller blade is better than a larger blade. Although a small blade can't shovel as much, it avoids the risk of trying to pick up a too heavy pile of snow with a larger blade.
- **Tip # 3.** Push the snow, do not lift it. Pushing puts far less strain on the spine than lifting.
- **Tip # 4.** Be sure your muscles are warm before you start shoveling. Cold, tight muscles are more likely to sprain or strain than warm, relaxed muscles.
- **Tip # 5.** When you grip the shovel, make sure your hands are at least 12 inches apart. By creating distance between your hands, you increase your leverage and reduce the strain on your body.
- **Tip # 6.** Your shoveling technique is very important. The American Academy of Orthopedic Surgeons recommends: "If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel of snow with your arms outstretched puts too much weight on your spine. Never remove deep snow all at once; do it piecemeal. Shovel and inch or two; then take another inch off. Rest and repeat if necessary." In addition to these comments, remember to move your feet rather than twisting.
- **Tip # 7.** Never throw snow over your shoulder.
- **Tip # 8.** Remember that wet snow can be very heavy. One full shovel load can weigh as much as 25 pounds.
- **Tip # 9.** Pace yourself by taking frequent breaks to gently stretch your back, arms and legs.
- **Tip # 10.** Consider buying a snow-blower. When used correctly, a snow-blower will put far less strain on your back than snow shoveling.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			CLOSED 1 	2 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
5 9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	6 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books	7 8:30 Fire Safety Breakfast 9:00 Exercise/ Fix it Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch/ 55+	8 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Nurse's Hours/ Line Dancing
12 9:00 Exercise 9:30 Chair Yoga 10:00 Pilates/ BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	13 9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dancing 11:30 Atria Lunch 12:30 OsteoFitness 1:00 FBCOA 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	14 9:00 Exercise/ Fix it Shop 10:00 Genealogy 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ 55+	15 8:30 Oatmeal 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Hearing 12:30 Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	16 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
CLOSED 19 	20 9:00 Fix It Shop 9:30 Exercise/ BINGO & Breakfast 11:00 Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	21 9:00 Exercise/ Fix it Shop 10:00 Veterans Coffee 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:15 B12 & Anemia 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch/ 55+	22 8:30 Breakfast 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 12:30 Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	23 8:00 Podiatry 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
26 9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 12:30 Name That Tune 1:00 Poker/ Floor Yoga/ Nurse's Hours 3:00 Handcrafts	27 9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dancing 12:30 OsteoFitness 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	28 9:00 Exercise/ Fix it Shop 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ 55+	29 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:30 Brightview Lunch 12:30 Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	30 9:00 Exercise 10:00 Sit 'n Stitch 9:30 Chair Yoga 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing



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Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday January 12 at 10:00 for a chance to win token gifts.
- Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group!
- Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
- Texas Hold 'Em Poker!** Join the game each Monday at 1:00!
- Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays beginning at 11:00! All are welcome! Lessons available!
- Play Duplicate Bridge!** Every Tuesday and Thursdays 1/15 and 1/29 at 11:00.
- Coffee Hour** Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.
- Talk to Your State Representative** Ken Gordon will be at the COA on Thursday January 8 at 1:00.
- Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
- Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
- Genealogy** Explore your family tree on Wednesday January 14 at 10:00 AM
- Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1:00. Do an exercise, share your work, and get feedback! New members are always welcome!
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1:00. The class costs \$2 (paid to instructor).
- Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!
- Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on **Tuesday January 6** to discuss **William Shakespeare Richard III**, Folger Shakespeare Library. (Snow date: 1/13) Newcomers are always welcome!

Trips! Trips! Trips!



Any trips or shows you would like to see us offer? Contact the Council on Aging at (781) 275-6825. We would love to hear your ideas!



All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.



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For Your Health

Vitamin B12 and Anemia

Are you at risk for vitamin B12 anemia? What are some signs and symptoms? Peg Mikkola, RD, LDN from Minuteman Senior Services will discuss this important nutritional topic on January 21st at the Bedford Senior Dining Center at 12:15PM. Questions are welcomed & encouraged!

Muscle Care Clinic
 With Wayne Durante, LMT
\$10 for 10 minutes •Thursdays
beginning at 9:00 AM
Please call for an appointment
781-275-6825

Winter Morning

Winter is the king of showmen,
 Turning tree stumps into snow men
 And houses into birthday cakes
 And spreading sugar over lakes.
 Smooth and clean and frosty white,
 The world looks good enough to bite.
 That's the season to be young,
 Catching snowflakes on your tongue!
 Snow is snowy when it's snowing.
 I'm sorry it's slushy when it's going.

~Ogden Nash~

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Health Screenings

Podiatry Clinic: Friday, January 23

Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Nurse's Hours: Friday, January 9 and Monday January 26 Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesdays January 13 and 27** beginning at 10 AM and **Wednesdays January 7 and 21** beginning at 2 PM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Joe Sarofeen of Apex Hearing will be here on **Thursday, January 15** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need to Know

THE COUNCIL ON AGING SCIENCE & TECHNOLOGY CLUB

will resume meetings this February! Please contact the COA if you are interested in joining this intellectual discussion. We will kick off this club with a viewing of the Mini-Series from PBS, *How We Got To Now with Steven Johnson, Episode 1: Clean*. Learn how clean water has changed our world and the way we live our lives. Discussion to follow.



Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, January 13 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

Senior Center News

Please welcome our new Department Assistant, Diane Pascucci! We're excited to welcome her to the Council on Aging staff. Please stop in to visit or just say hello!

A Reflection:

Now that the holiday hustle and bustle is behind us, we can take a deep breath of relief while savoring precious new memories. With the advent of a new year, this may be season for some to reflect and ponder. What, if anything, would you like to change? What would make life easier? What would make life more enjoyable? What needs do you have—physically, emotionally, spiritually? Take a moment and think about ways in which life can be sweeter. Sometimes, small changes can make a big difference. Sometimes small steps toward a larger goal, can motivate and encourage us.

~ Diane Pascucci, COA Department Assistant

Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$32,618 for a one-person household to \$42,654 for couples. Contact the COA at (781) 275-6825 for more info or to set up an appointment. All information will be held confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

THE COMPUTER CORNER

Computer Club

Meetings will continue on the 1st Wednesday of each month through the winter. A round table discussion will be held on **Wednesday January 7 at 10:00 AM**.

Computer Drop-In

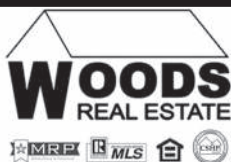
All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com.



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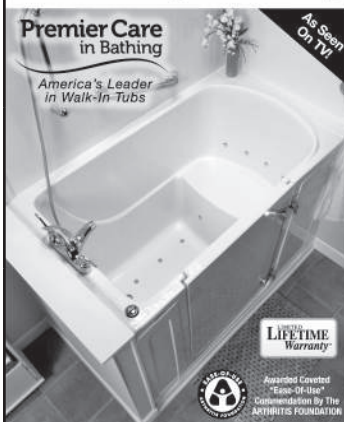


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Details on Page 2

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